



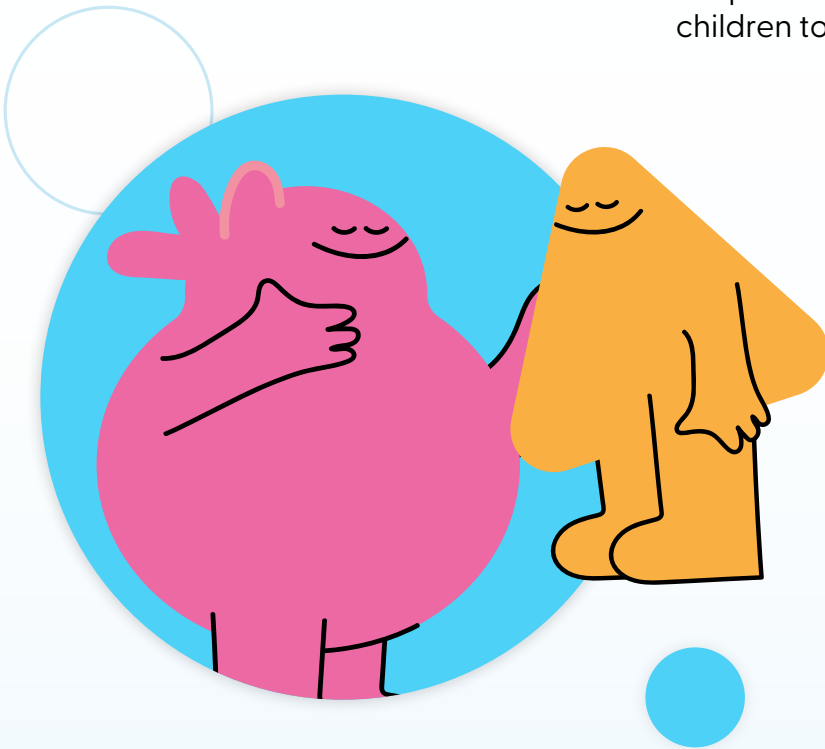
Fever Management

HOW DO I MANAGE MY CHILD'S FEVER?



Physical measures:

- Dress in light clothing. Do not overwrap babies.
- Switch off the air conditioning and throw on an extra blanket when the temperature starts to rise.
- Do not sponge children with fevers with cold water and do not shower in cold water.
- Instead, use room temperature (tepid) water for physical sponging over the fore head, neck, armpit and groin area. Sponging helps but is not absolutely necessary as some young children do not like wet towels on them!
- Keep your child well hydrated with small and frequent amounts of fluids. It is common for unwell children to refuse solid intake for a few days.





Fever medications:

- Fever medications are administered to temporarily bringing down temperatures and keep your child comfortable.
- Fever medications will not **cure** the fever. The fever only goes away once the body's immune system clears up the infection. Most infections in children are viral and usually do not warrant antibiotics.

How to use fever medications?

- **Paracetamol** is safe for infants above the age of 3 months. It is administered for fevers 37.5 °C and above every 6 hourly on an as required basis.
- A second fever medication – **ibuprofen** is often required in the first few days as fevers are usually higher and often may not seem like they are settling. It is safe above the age of 6 -12 months and is administered every 6-8 hours as required for temperatures 38.5 °C and above.
- **Paracetamol** and **ibuprofen** are usually used in an alternating manner for high fevers.

Alternating paracetamol and ibuprofen



12 pm :

Temp 39,8 °C
dose ibuprofen
Alternating paracetamol
and ibuprofen



2 pm :

Temp came down
but still 38,2 °C dose
paracetamol



7 pm :

Temp rose again
to 38,6 °C dose
ibuprofen as it is due



10 pm :

New fever spikes to 38,9 °C
only paracetamol is due.
Next ibuprofen can only
be served at 1am



A fever of 41 °C or more is highly unusual and warrants an urgent medical consultation.

When to seek medical attention:

(These are indications for need of evaluation of any serious conditions or potential bacterial infections, which may require treatment with antibiotics or other specific medications.)

- All infants aged 3 months and below with an armpit temperature of 38 °C and above.
- Fevers 41 °C and above.
- Fevers, which last for more than 5 days, and daily peaks do not seem to be coming down gradually.
- Febrile fits or seizures
- Red lips, red eyes or rash with ongoing fevers
- Severe pain over any part of the body
- Smelly urine
- Extreme irritability despite measures to bring down the fever
- Increasing lethargy or drowsiness
- Refusal to drink with significantly reduced urine output (lighter diapers or less frequent diaper change)
- No urine for more than 6–8 hours
- Febrile fits or seizures